



**JOINT WARRIOR & FAMILY PROGRAM OFFICE  
QUALITY OF LIFE WORKSHOPS**

**FREE to NATIONAL GUARD MEMBERS and their FAMILIES**

**Parenting Workshops**

**Topics: Parenting, Resiliency, Self-Esteem,  
Communication**

Wednesdays Oct. 6 through Nov. 3

6:30 pm until 7:45 pm

Location: Smyrna Readiness Center: 103 Artisan Drive, Smyrna

**\*Please come any nights you can\***

While we love our Guard children, childcare is not available.

There will be free school supplies for attendees (while supplies last).

**Contact Heather Gilson at 302-416-2870  
Or by email [Heather.J.Gilson@healthnet.com](mailto:Heather.J.Gilson@healthnet.com)**